

Information after having a COVID-19 test in school



The test result is positive, what do I do next?

A positive test result means you and your household must self-isolate for 10 days from your test date as per the government guidance.



The test is negative, what do I do next?

For those who return a negative COVID-19 test result, they do not need to self-isolate unless:

- They are symptomatic (they'll need to book a PCR test)
- Someone they live with tests positive/has symptoms
- They've been traced as a contact of someone who tested positive/has symptoms

They must continue with daily contact testing, if part of a school daily-testing bubble and follow national and local guidance on COVID-19 control measures.



When do I need to self-isolate?

You need to self-isolate when:

- Waiting for the test result
- You are identified as a close contact
- Your test result is positive
- Told to do so by Test and Trace



What can I do if I am told to self-isolate?

If you are told to self-isolate you must stay in your home and garden – you can't pop out to the shops or exercise. You also cannot have visitors inside your home.



What should I do if my symptoms get worse?

If your symptoms get worse use the **111** online Coronavirus service at www.111.nhs.uk/covid-19 or **call 111**. If you can't get through to 111, call your GP Practice who can refer you to a specialist COVID clinic in Stockton-on-Tees.

What support is available?



Financial support

There is lots of support available for parents/carers if you are struggling financially as a result of the COVID-19 pandemic. Further information on the support available can be found at www.stockton.gov.uk/coronavirus



To help reduce the spread of Coronavirus always remember:



Wash your hands regularly with soap and water



Wear a face covering when you can't keep two metres apart



Keep two metres apart from people you don't live with or aren't in your support bubble

For further information and advice visit www.stockton.gov.uk/coronavirus

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